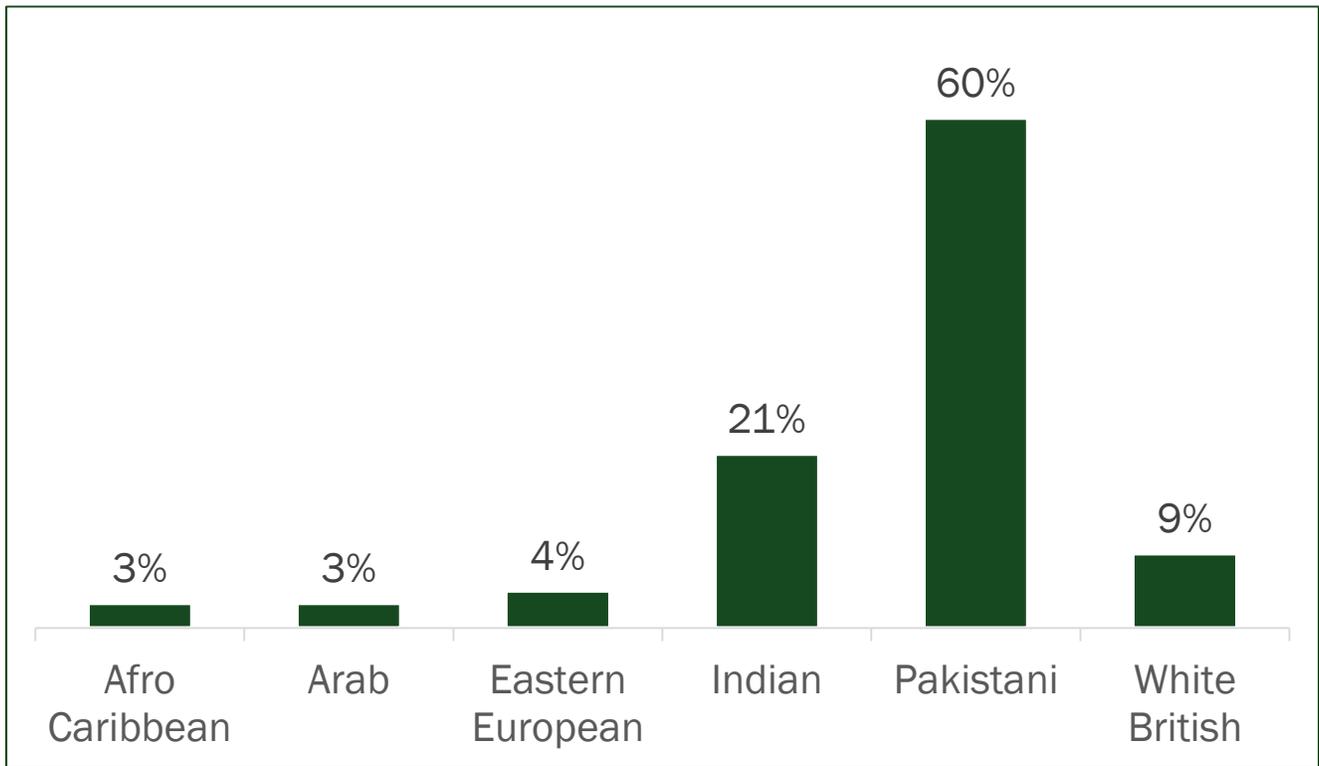




**EMPOWERING MUSLIM
MUMS TO BREAK LIMITS,
BUILD CONFIDENCE, AND
ACCELERATE THEIR
BUSINESS WITH FAITH AND
FOCUS**

NOVEMBER 2025

Ethnicity of Participants – 68 Attendees



Bio



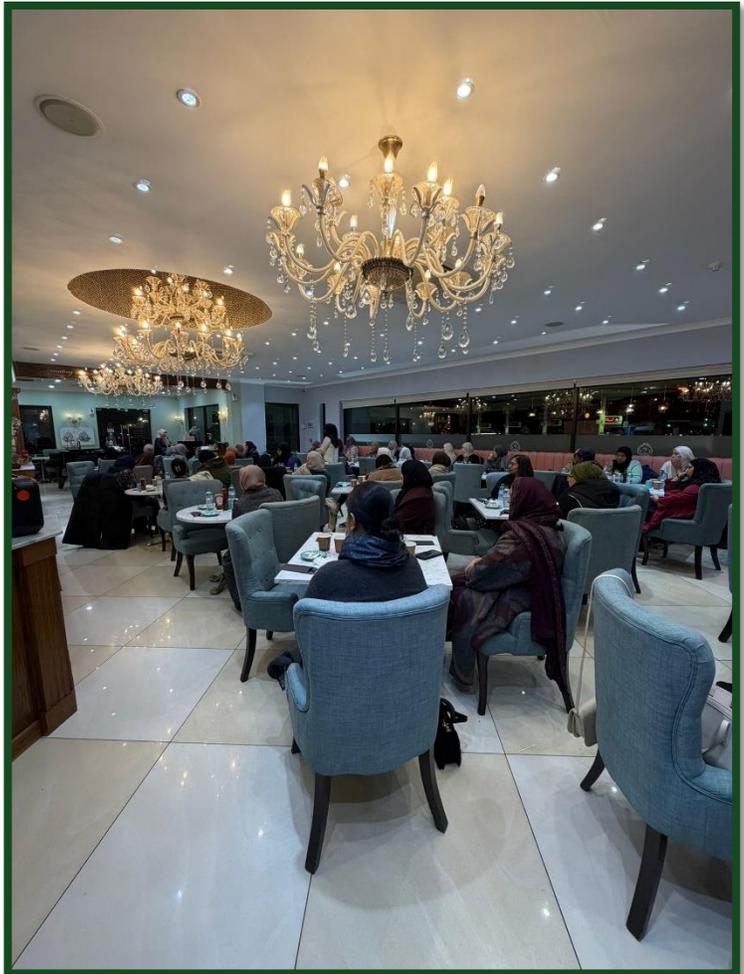
Maryan Ali Mowliid is the founder of **Dayib Lifestyle**, a coaching and mentoring platform that combines neuroscience, mindset, and Islamic principles to help women reclaim their focus, transform their self-talk, and build businesses and lives with barakah.

As a single mother and entrepreneur, she brings real-life experience, authenticity, and practical tools to her teaching, empowering women to break

free from overwhelm and step into the confident, purposeful version of themselves that Allah created them to be.

The talk opened with genuine warmth, as Maryan expressed gratitude to the group for welcoming her and described feeling both honoured and humbled to be invited. She acknowledged how easy it is to become absorbed in everyday responsibilities and personal routines, often operating within one's own limited sphere. In this context, she spoke of the joy of stepping into a shared space filled with sisterhood, connection, and mutual aspiration. Her introduction set a reflective tone, reminding the audience that moments of community offer not just social comfort, but spiritual and emotional nourishment.

Maryan framed her work as a personal and professional mission. She described herself as someone who supports Muslim women in rediscovering their truest essence, guiding them to move beyond self-doubt, distraction, and external pressure in order to become the best possible version of themselves. She also explained that a significant part of her mentorship involves helping women turn business ideas into viable realities. By presenting personal growth and entrepreneurship as intertwined journeys





rather than separate goals, she invited the audience to explore success holistically, anchored both in internal mindset and external action.

Throughout the session, Maryan engaged the room with open, thought-provoking questions. When asked how many were business owners, several women raised their hands confidently, signalling a room with real entrepreneurial experience. When she asked how many had business ideas and aspirations they hoped to pursue, even more hands

rose, revealing a powerful collective desire for growth, independence, and impact. However, when asked what stood between them and those ambitions, the dominant answer was time, a sense that life was already moving too fast, too full, and too demanding to accommodate anything more. Maryan challenged this belief not by dismissing it, but by reframing it, describing the idea of “not having time” as something that often feels real but is frequently born from conditioned thinking and internal resistance, rather than measured reality.

Drawing on her background in neuroscience, Maryan built a compelling bridge between spiritual truths and scientific understanding. She explained that the principles many successful people apply today, focus, intention, expectation, and identity-based behaviour, are deeply aligned with Quranic guidance, even when practiced by those who have never studied scripture. She referenced the powerful concept that Allah’s mercy, support, and the divine laws of success are accessible to everyone, regardless of belief. She described the Reticular Activating

System in the brain, the neural filtering mechanism that determines what information we notice and absorb, linking it with the spiritual teaching that what we repeatedly focus on becomes amplified in our lives. Through this parallel, she reinforced a central theme: the human mind is wired to reinforce belief, magnify focus, and gravitate toward expectation, and faith offers a spiritual framework for mastering this inner system consciously rather than unconsciously.



One of the most impactful segments of the talk focused on the internal layers that shape real and sustainable change. Maryan explained that habits are the most visible part of our behaviour, the late sleep cycles, unproductive routines, and digital distractions we fall into without noticing. However, she emphasised that habits are not the source of transformation or failure, but the result. Beneath them sit emotional patterns, often swinging between optimism and doubt, excitement and heaviness, self-belief and overwhelm. These emotions, she explained, arise from what we silently believe about ourselves. Limiting thoughts such as *“I’m not ready,” “I don’t deserve this,”* or *“Who am I to succeed?”* are belief-based barriers, not personality traits. The deepest layer of all, she said, is identity, how a woman defines herself, sees her life, and interprets the world around her. She described her own past struggle with negative perception, explaining that her worldview once shaped her experience in ways that kept her confined. It was only by changing her sense of self, rather than her schedule or environment that her life began to change in return.

To help participants apply this understanding tangibly, Maryan introduced a powerful self-designing exercise. She encouraged the women to take time to write about themselves in two distinct reflections. The first was to explore the present self clearly and honestly, describing who they are today, what unconscious beliefs govern their confidence, what emotions influence their capacity, and what personal narrative they quietly operate from. The second was to imagine and map the future self fully, designing the woman they aspire to become in detail. She encouraged them to consider everything from how this future version dresses and speaks, to who she surrounds herself with, how she carries herself in prayer, what drives her passion, and how boldly and calmly she moves through her business journey. This future-self-identity, she explained, was not indulgence or fantasy, but a directional compass, a mental and spiritual roadmap. She encouraged the group to begin showing up as that woman now, knowing that consistency improves through practice, not perfection, and reminding them that progress fluctuates, but identity, once fully claimed, shifts the trajectory permanently.

Her conclusion moved into a message framed entirely through faith-centred empowerment. She reminded the women that their dreams were not accidental or random, but placed consciously in their hearts by Allah, meaning the potential to fulfil them was also embedded within them. She





encouraged them to speak about their ambitions not as distant possibilities but emerging realities, drawing on the personal example of how she once described her own business vision to her daughter long before its creation, speaking with certainty, intention, and emotional ownership rather than hesitation. Her final invitation to the room was not simply to start something new, but to choose someone new, to return home and consciously decide the

identity they will step into, strengthened by intentional belief and carried forward by committed action.

The session succeeded not because it delivered a checklist of tasks, but because it shifted the conversation toward the root of success: identity, belief, focus, and intention, expressed through entrepreneurship and lived through devotional practice. It left the group not only inspired, but self-aware, reminded that winning in life, personal or professional, begins first with learning the internal rules of the mind, and walking the path Allah has already prepared.

Audience Questions Session

This time was offered to the audience to ask questions.

Following the completion of the talk, Maryan created space for an open question and answer session, inviting attendees to engage directly. The room responded with eagerness, and questions flowed from both younger and older participants. Many women expressed a desire to understand more deeply where to begin, how to overcome common early challenges, and how Maryan herself had built her own business from an idea into reality. There were also thoughtful questions around practical starting points, time management, mindset struggles, and the realities of navigating entrepreneurship as Muslim women.

Maryan answered every question openly and thoroughly, addressing challenges with honesty, compassion, and clarity. She did not shy away from complexity, acknowledging the struggles while also delivering solutions rooted in both experience and faith-based empowerment. The energy of the session was described by attendees as powerful, deeply insightful, and emotionally impactful.

Many remarked that although they had intuitively known some of these concepts before, hearing them articulated in a structured way, backed by both science and scripture, created a deeper level of understanding and conviction.

The question session was regarded as one of the most influential parts of the gathering, as it allowed participants to witness real transparency and receive personalised guidance. All attendees



left the session feeling uplifted and empowered, grateful for the knowledge shared and inspired to act in their personal and professional journeys. The overall emotional outcome observed in the room was one of happiness, renewed motivation, and a shared sense of possibility. Women of all ages expressed appreciation for the support offered, and the collective response indicated that the session had not only provided ideas, but also strengthened belief, confidence, and personal responsibility.

Resources

- Online 1-1 sessions- website given out www.dayiblifestyle.com

Report created by the Tea & Chat participants
supported by the MWC Team

